

Dr Zoe Reavill

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What people like and admire about me?

My friends and colleagues described me as being approachable, friendly, warm, open, calm and capable.

I am a therapeutic practitioner by nature and this is where my strengths lay. I have a natural aptitude for positive solution oriented and focused approaches and my interests embody holistic approaches such as mindfulness, emotional literacy, and relationship building interventions.

I am a believer in balance, seeking this in my own life as well as being good at helping others in finding theirs.

What is important to me?

My family and friends are most important my life, so appreciating and valuing others and receiving this in return is important to me.

My beliefs are underpinned within a humanistic framework, I believe in unconditional positive regard, authenticity and am a natural solution seeker. I have a strong moral compass which often guides me well. I appreciate openness and endeavour to make others feel comfortable to share what's important to them too.

Within a work context I enjoy being part of a supportive and cohesive team.

How best to support me?

I am ambitious with what I like to be able to achieve, often seeking out the most effective and holistic solution to challenges, I sometimes need to be reminded that a good enough approach can work very well too.

I like to have conversations, I think talking is the best way to communicate so do pick up the phone or seek me out in person, I find it better than an email and will remember more that way too!

I value working with other people and need to share and get involved with opportunities to engage with others over time who share similar passions and pursuits.